

MPFL Reconstruction



	Name:							DOB:				
	Dr: Godin							DOS	:			
]			147		. c						
ROM	ROM & Muscle Initiation	1	2	3	еек	5 Tr	6	surge 7	8-13+	14-19+	20-25+	26+
STRICTIO	Flexion/Extension – wall slides	Ė		Ť							20 20	201
12	Flexion/Ext - seated/calf assisted											
1	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight											
	leg raise (when no quad lag)											
	Ankle pumps											
(Bike with no resistance											
	Progress to Endurance: ROM >125°,	Qu	ad se	et the	at tei	min	ally (extends	the knee			
	Muscular Endurance 3 x 15, 45s								8-13+			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
	RDL											
	Tuck squat											
	Progress to strength: 14+ weeks & Q	vad	inde	ex >7	70%,	Υb	alan	ce ante	rior reach	<8cm side t	o side diff	erence
	Muscular Strength 3 x 10 120s									14-19+		
	rest											
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	Progress to power: 20+ weeks & Que side to side difference	ad ir	ndex	>90)%, F	lams	string	index	>90%, Y b	alance ante	erior reach	<4cm
,	Muscular Power 3 x 6, 180s										20-25+	
	rest											
	Front squat											
	Barbell deadlift											
	Split jumps											
	Sled drags											
	Progress to running: 26+ weeks & Tr	ple	hop	dista	ınce	>90	% of	unaffe	ted side			
	Running, Speed & Agility											26+
	Running progression											
	Ladder footwork drills											
	Forward & backward cone drills											
	Lateral cone drills	1										
	High Level Activities										20-25+	25-28+
	Golf, outdoor biking											

Clearance for other activities made by Dr Godin and based on different factors including passing the included progression criteria

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